

Hey, are you feeling stressed?

Faced with many challenges in life?
You can learn to tackle them.

I can't finish my revision, I'm so stressed!



Tackling Exam Stress

- Start revision early.
- Stick to a revision timetable.
- Set realistic targets.
- Seek help when in doubt.
- Be prepared.

I just can't face my problems.



Staying Positive

- Believe that you can face any challenge.
- See the positive side of any situation.
- Mistakes are not failures. Learn from them.
- Be strong.

I'm really angry!



Managing Anger

- Do not use hurtful words. Walk away.
- Take a few deep breaths.
- Think through the problem and resolve it calmly.
- Stay cool.

I need a break!



De-stressing and Relaxing

- Talk to your family, teacher or friend.
- Exercise or play a sport with your friends.
- Go for a movie or read your favourite novel.
- Be happy.

HAVE YOU TRIED ANY OF THESE TIPS?

Share these tips with your friends and help them cope with their challenges too!